In The Claims

Claim 1 (cancelled)

Claim 2 (cancelled)

Claim 3 (cancelled)

Claim 4 (cancelled)

Claim 5 (cancelled)

Claim 6 (cancelled)

Claim 7 (cancelled)

Claim 8 (cancelled)

Claim 9 (cancelled)

Claim 10 (new) A method for retrieving metallic objects from a distance comprising, in combination, the steps of:

providing a spring-loaded tape measure comprising an extendable tape located within a casing having at least one metal side, said tape having a tab coupled to an end of said tape;

providing an attachable and detachable magnet having a tab coupling side for attaching to the tab of said tape and a metal attracting side for securely and reliably attaching said magnet to said metal side of the casing when said magnet is not attached to said tape to provide both ease in use of said magnet to attach to said tape and prevent loss of said magnet, said metal attracting side of said magnet has sufficient attractive

force to both retain metal objects is a fixed position relative thereto when said metal objects are brought into proximity with said attracting side of said magnet and securely and reliably attaching said attracting side of said magnet to said metal side of the casing when said magnet is not attached to said tape;

attaching said magnet to said tape and extending said end of said tape with said magnet attached thereto to bring said magnet into proximity with at least one metal object so that said magnet is able to retain said metal object in a fixed position relative thereto;

retracting said end of said tape to fetch said metal object to said casing of said tape measure to facilitate both retrieval of said metal object and removal of said metal object from said end of said tape; and

removing said magnet from said end of said tape and placing said magnet with its metal attracting side in secure contact with said metal side of said casing to store said magnet for facilitating subsequent use thereof.